

Using the tune of *Twinkle twinkle little star*

Candy, chips and hamburger
These are foods that make us ill
Grandma said to stay away,
Eating them will make you sick.
Hello, hello, little ones.
Would you want a fruit instead?

Apples, Pears, and Banana
These are fruits that keep us fit!
Grandma said that it is good
Once a day won't make you sick,
Hey there, hey there, little ones.
Would you like to share with me?

Spinach, beans and capsicums
These are greens that make us strong!
For my snack and in my lunch,
They are great for everyone.
One for you and one for me.
Take one now and then, we'll see

Veggies, fruits and exercise
All of these will make us grow.
Twice a day is good enough,
They will keep the doctors far.
Flu bug flu bug good bye now
Next time we won't meet again.